



Third Term Test - Grade 06 - 2023
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Health & Physical Education

2 hours

Name / Index No:-

Paper - I

- Underline the correct answer.

- The factor that is not included in the total health.
i. Spiritual ii. Co-existence iii. Social iv. Mental
- To maintain proper BMI you should,
i. Doing activities be seated.
ii. Having excessive sugary food.
iii. Having healthy diet.
iv. Not having proper sleep.
- The letter denoted by 'H' in 'WASH' is,
i. Sanitary ii. Water iii. Hygiene iv. Health
- The posture you should stand at the morning assembly.
i. As you like ii. Stand at ease iii. Stand at attention iv. Stand ease
- The incorrect statement regarding minor games,
i. Standard measurement of play area.
ii. Not standard measurement of play area.
iii. Standard rules and regulations.
iv. Standard number of players.
- Not a basic need of man,
i. Food ii. Houses iii. Water iv. Air
- The minimum number of players in volleyball and Netball respectively,
i. 6-7 ii. 6-5 iii. 5-7 iv. 6-6
- A skill in Netball,
i. Service ii. Spiking iii. Shooting iv. Receiving
- In which game, a point could be scored by taking to the ball to goal line,
i. Volleyball ii. Elle iii. Football iv. Cricket
- Obeying customs and traditions in sport is,
i. Rules and regulations ii. Standard
iii. Ethics iv. Compulsory

- State whether the statements are true or false.

11. Free from diseases and deformities is total health. ()
12. To promote rhythm we should engage in exercises. ()
13. There is carbohydrates in cereals and rice. ()
14. Stunting means having proper height and weight. ()
15. The growth is delayed due to Iodine deficiency. ()

- Select the correct word from the bracket.

(Heel, Running, Strength, Cold, toes, Sweating, BCG, flexibility, fitness, Polio)

16. is the ability to move and stretch by the joints.
17. To control the body temperature take place.
18. A fitness factor is
19. During walking touch the ground at last.
20. The vaccine is given within 24 hours of the birth, of a baby.

Paper - II

- First question is compulsory. Answer four other questions.

01. Diseases are challenges of our daily life. There are different causes for diseases. Diseases are caused due to unhealthy practices. We can control non communicable diseases by engage in sports and exercises, by facing challenges successfully. We can lead a healthy and happy life.

1. Write 2 communicable diseases.
2. Write 2 causes for each of the above mentioned diseases.
3. Write 2 unhealthy practices which cause non communicable diseases.
4. Write 2 ways of spreading diseases.
5. Write 2 difficulties you have to face when a family member fall sick.
6. Write two health habits to maintain personal hygiene.
7. Write two benefits of maintaining a healthy environment.
8. Write 2 other challenges you face apart from the challenge mentioned in the paragraph.
9. Write 2 competencies you should develop to face challenges.
10. Write 2 uses of engage in sports and exercises. (2x10 = 20 marks)

02. We can lead a happy and healthy life by maintaing physical mental, social and spiritual wellbeing.

1. Write 3 ways to maintain proper BMI.
2. Write the relevant colour in the BMI chart due to the following instances.
 - 1) Waisting
 - 2) Optimum height
 - 3) Over height
3. Write 2 features of a mental wellbeing person.
4. Write the two factors needed to calculate the waist circumference.

= 1.
2. (3+3+2+2 = 10)

03. We can spend our leisure by engage in outdoor activities.

1. Write 2 other organized games apart from Netball.
2. Write 3 methods of passing the ball in netball.
3. Write the measurement of the netball court,
 - length
 - Width
 - Number of players
4. Write 2 skills of each game you mentioned above.

(2+3+3+2 = 10)

04. We run, walk, jump and throw in our daily life, and we enjoy by engage in those activities.

1. Write the parts of your foot that touches the ground first and second.
2. Write two athletic events you know.
3. Write two benefits of maintaining correct posture.
4. Write 2 things we should consider when fulfilling our wants.

(2+3+3+2 = 10)

05. Food is a basic need of man. Having healthy food and leading an active lifestyle make us healthy.

1. Write 2 features of a healthy child.
2. Write a deficiency disease caused due to lack of the following micro nutrients.
 - i. Calcium -
 - ii. Vitamin A -
 - iii. Iodine -
3. Write 2 factors to be considered when consuming food.
4. Write the nutrients responsible for our growth and write two food items for each the nutrient.

(2+3+3+2 = 10)

06. Our body is formed by the collection of many organs and systems.

1. Write 2 changes that take place when we engage in activities.
2. Write 3 sensory organs.
3. Select one of the sensory organ and state 2 ways to protect it.
4. Write 2 differences between living and nonliving organisms.

(2+3+3+2 = 10)



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Health & Physical Education

Answer Sheet

Part - I

- | | |
|-----------------|-------|
| 01. 2 | 02. 2 |
| 03. 3 | 04. 1 |
| 05. 2 | 06. 2 |
| 07. 2 | 08. 3 |
| 09. 3 | 10. 2 |
| 11. x | 12. ✓ |
| 13. ✓ | 14. x |
| 15. ✓ | |
| 16. Flexibility | |
| 17. Sweet | |
| 18. Strength | |
| 19. toes | |
| 20. BCG | |

Part - II

01.
 1. Cold, measles, chicken pox, pneumonia, Dengue, Aids....
 2. Virus, Bacteria, Plasmodium
 3. Wrong food practices and wrong lifestyle.
 4. Air, water, food, flies, mosquitoes....
 5. Destruction of education, unhappiness, economic loss.....
 6. Regular bath, brushing teeth twice a day, being happy.....
 7. No mosquitoes, environment will be beautiful, mental happiness.
 8. Abuse, exploitation, accidents, disasters..... etc.
 9. Being aware, developing competencies.
 10. No diseases, can lead a happy life, working cooperatively.
02.
 1. Having nutritious food, sleep and rest, exercises, being happy.....
 2.
 - Orange
 - Green
 - Light purple
 3. Correct decision taking.
Problem solving
Being happy
Self esteem
 4. Waist circumference
Height

03. 1. Volleyball, football, Cricket
2. Chest pass, shoulder pass
3. Length- 100ft
Width - 50 ft
Number of players - 7
4. Give marks for correct techniques.
04. 1. Heel - ball - toes
2. 100m, 200m, 400m, 800m
3. Less fatigue
Less energy is spent
Less accidents
Endurance
4. Not obstructing others, not being slave to desires, using resources frugally.....
Prioritizing needs....
05. 1. Stunting / wasting
2. Calcium : weak teeth and bones.
Vit. A : Weak sight, skin diseases.
Iodine : less growth, goitor.
3. Variety, freshness.....
4. Protein
Meat, fish - milk and milk products.
Dhal - Dambala.
06. 1. Sweating, heart beat increases, speed respiration
2. Eye, nose, ear, skin...
3. Give marks for correct answers.
4. Living nonliving
•eat food •not consuming food
•growth •no growth
•reproduction •no reproduction